

Speaking and listening: Sounding reassuring

1. Listen to the phrases of reassurance and complete the following exercises.

FOCUS ON LANGUAGE

4 a Complete each extract from the audio with one word.

- 1 ... try not to think about it much.
- 2 There's point in worrying..
- 3 I'm he'll be up and running around in no time.
- 4 ... what's your mind?
- 5 It'll be a !
- 6 I'm sure everyone feels that sometimes.
- 7 It's normal to feel that way.
- 8 ... what's the thing that can happen?
- 9 It'll be before you know it.
- 10 You're making a big deal about nothing.

b Check your answers in Transcript 1.9 on page 146.

5 a Find phrases in 4a that...

- 1 focus on positive aspects.
- 2 encourage someone not to worry and continue with their life.
- 3 show someone they are not alone.
- 4 tell someone that it isn't as important as they think.
- 5 encourage someone to talk about their worries.